



Analyzing Mental Health of College Going Youth in Relation to Their Lifestyle Patterns

KEYWORDS

Lifestyle, mental health.

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ABSTRACT

Objectives: -The objective of the study was to analyze mental health of college going youth in relation to their lifestyle patterns

Methods: - A survey method was applied to collect data from 100 youth i: e (50 male and 50 female), aged 18-25 years studying in different professional courses in Lovely Professional University. Mental Health Inventory by Dr. Jagdish and A.K Srivastava was used to assess mental health of the subjects whereas Lifestyle scale by S.K Bawa and Sumanpreet Kaur was utilized to ascertain lifestyle patterns. To find out any association between lifestyle and mental health parameters Pearson's product moment correlation coefficient was used.

Results: - Lifestyle was positively related to mental health in case males but in terms of female it was also positive but insignificant.

Conclusion: - After analyzing data critically it was concluded that if an individual have good lifestyle it will lead to better mental health.

INTRODUCTION

The modern health challenge:

In this modern era of 21st century modern type of living style puts numerous untold stress and strains on both body and mind of an individual. Peoples, to the certain point we can say that lifestyle is one of the important factor which affects the health and sets certain limits for health, in the ancient time when the lifestyle of peoples was very active i.e. less sedentary and they involve themselves with manual occupations where they put their own efforts by using their own hands, moreover they also participate in leisure time activity vigorously, In this way their body get themselves fit by natural activity. In that time i.e. in the 20th century there were fewer processed foods around and most people ate locally grown or raised food or which are being cultivate by themselves i.e. in that time everything was natural they use very less chemicals to cultivate the crops although it was not a very well balanced diet but it is not toxic at all. The main diseases in that 20th century were more or less similar to those which are in the preceding century - infectious ones, such as small-pox, typhoid, pulmonary tuberculosis, diphtheria, cholera and whooping cough, polio, with a large dose of 'Spanish flu' thrown in around 1918. As the century wore on there were great strides in field of public health in order many of these diseases, but now it is becoming well evident that the modern environments we have created to live the life is replacing those old diseases with new and equally serious health hazards. In present days the leading health problems are non-contagious diseases like cancer, heart disease and diabetes If we add obesity and stress to this and it becomes clear that our modern lifestyle our way of living is literally killing the human being both physically and mentally. So what do we have to do now about it? The answer will come as not so surprise to many reading this, but it is this very simplicity that people are generally either missing or avoiding. For this we peoples are only responsible i.e. we never going to take any kind of preventive measure in advance in order to save our future, all the evidence and studies are out there to demonstrate that, to make you aware that if you don't become active and don't take any kind precaution or preventive measure and try to

eat more of the right foods and manage stress better, you will be sufferer and become sick sooner or later. So let's look at what type of the diseases are their which are need to be prevented and if we take necessary precaution and preventive measure we can escape our-self more are less from these kind of diseases to certain extent. Heart Disease, Diabetes, Cancer, Heart Disease, Type 2 Diabetes, Cardiovascular Disease, Cholesterol, High Blood Pressure.

Mental Health is defined by the WHO as "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life to strive for happiness, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community".

Lifestyle is a living style which not only affects the individual who adopts it but also affects the society. It defines the attitude, values and somewhat exhibits the social position. Moreover it also includes pattern of social relations, consumptions, entertainments and dressing style. It reflects person's views, habits and etiquettes and the way of life which has the direct influence on the type of services that person gives or requires. Lifestyle of youth in India is taking rapid turn with the fast changing world. Influence of globalization, modernization, changing needs of the society and awareness is making the youth more and more ambitious, hence affecting their lifestyle .It can be studied through their orientation to career, society, family, education and trend seeking attitude. The way one lives has great impact on the competencies of an individual to get satisfaction in life. Every individual has different way and style of living. Thus lifestyle can be defined as "a person's pattern of living expressed through his/her activities, interests. The various dimensions of lifestyle are: -

STATEMENT OF THE PROBLEM

The research problem was stated as "To find out the relationship between lifestyle and mental health of those youth students who was studying in different professional courses".

SIGNIFICANCE OF THE STUDY

Study will be significant in detecting any health risk associated with the youth and also help in uncovering the lifestyle related elements that affect the mental well-being of the youth. The study will suggest certain interventions required for timely modification in lifestyle of youth by also indicating the psycho-physiological imbalance created by modern lifestyle, further the study will create awareness among the youth to rectify their lifestyle in order to stay healthy and efficient.

LIMITATIONS

1. Different ways of living, socio-economic conditions, nature of activity, daily routine & habits of subjects will not be under the control of research scholar which will be considered as a limitation of the study.
2. The questionnaire in itself has its own limitations. As such any bias opinion that may be given by the subjects in the form of responses that affect the result of the study may be considered as limitation of the study.

METHODOLOGY

For this purpose 100 youth students i.e. 50 males and females who were pursuing different professional courses, between 18-25 years of age were randomly selected. In the present study descriptive research design was used in order to establish any relationship between the variables. and for the interpretation of data descriptive statistical technique was used, and further to examine the relation between the variables linear correlation was used.

Selection of variables/ Tools

Table- I

Variables	Test/Questionnaire by	Criterion Measures	Reliability
Mental health	Dr. Jagdish and Dr. A.K. Srivastava(1983)	Scoring.	.73
Life-style	S.K.Bawa and sumanpreetkaur's Lifestyle scale	Scoring.	.74

STATISTICAL PROCEDURE: In the present study for the interpretation of data descriptive statistical technique was used, and further to examine the relation between the variables linear correlation was used.

RESULTS: To find out the relationship between mental health and lifestyle of youth were subjected to statistical treatment using the linear co-relation (Pearson's product moment coefficient of correlation) to find out whether there exist significance relationship or not. The level of significance was set at 0.05.

Table- II

Relationship between lifestyle and mental health

Variables	Variable correlated	Category	r. value
Lifestyle	Mental health	Male	0.287247*
		Female	0.02202

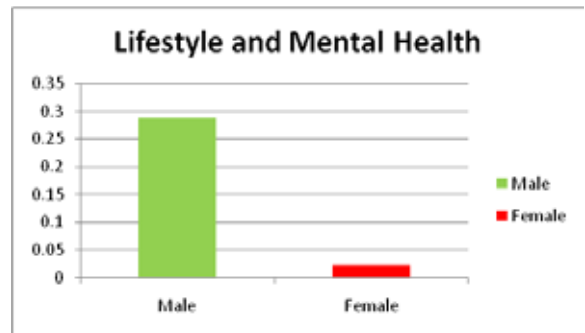
*r value to be significant at 0.05 level of significance (0.273)

By interpreting the above table it was found that calculated r value 0.287 in case of males is greater than the tabulated value, which suggests that there was a positive and strong relationship between Lifestyle and Mental health. In case of females, the value was 0.022 which showed positive but insignificant relationship between mental health

and lifestyle as the calculated value was less than tabulated value at 0.05 level.

Graph- I

Illustration: Relationship between lifestyle and mental health



The value shown in above figure depicts that there was a positive and significant relationship between lifestyle and Mental Health, whereas positive but insignificant relationship was found in terms of female.

DISCUSSIONS: A comprehensive analysis of data revealed that there was positive and significant relationship between lifestyle and mental health of male youth, but insignificant relationship was found between lifestyle, mental health (female). Accordingly, in case of lifestyle-mental health of male youth ($r= 0.28$), for female youth ($r= 0.022$), that means if the lifestyle of an individual improves it also leads to improvement in mental health of youth. The findings of the study were positively related to the findings of Pisinger. C, Toft. U. Aadahi M, Glumer. C, Jorgensen. T, (2009), where it was found that unhealthy lifestyle is negatively relate to mental health and the study of Rohrer J.E., Pierce JR. Jr., Blackburn C.(2005), where it was found that good mental health was independently associated with physical activity. As our objective was to find out the lifestyle pattern of youth. After the critical analysis of data we found that male youth aged between 18-25 had a moderate lifestyle was moderately adopting the lifestyle i.e. the mean score obtained 152.38 when it converted into z-score it becomes +0.33 when it was compared with the standard norms it was found that male youth has moderately adopted lifestyle. The lifestyle pattern for female aged (18-25) after converting the obtained mean value 157.48 into z-score +0.53 and comparing it with the standard norms it was found that they have above average level adapting the lifestyle.

CONCLUSIONS: On the basis of findings of the study in conjunctions with critical review of literature and scholar's own understandings following conclusions are drawn:

1. On finding out the relationship between lifestyle and mental health we found out and conclude that there was interdependence between lifestyle and mental health which showed positive and significant relationship in case of male, which meant that the good lifestyle pattern can lead to better mental health. But it was insignificant in case of female as calculated value was smaller than the tabulated value at 0.05 levels of significance.

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